



Acton Senior Bulletin

July/August 2011



The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-929-6652.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at www.acton-ma.gov. Go to Government, then down to Council on Aging.

Director's Corner

The data from the 2010 Federal census is in and shows that Acton's senior population (60 and older) has increased by over 52% since 2000. This increase is expected to continue as more baby boomers come of age.

The COA offers a variety of health and wellness, recreational, educational and cultural programs. We also provide resources for housing, adult day care, legal and financial assistance, home health services, and residential care facilities. If you haven't visited the Senior Center, please stop by and see what we have to offer.

I would like to wish Carol Steiner all the best and thank her for her years of dedicated service to the residents of Acton. We are currently in the process of hiring a new Outreach Coordinator. Please do not hesitate to call me with any questions or concerns. **Sharon**

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If you don't get a newsletter in September here's why... The names and addresses used for mailing the newsletter come from the annual town census information. Each July our mailing list gets updated from the census information. We remove people not reported on the current census and add new seniors from the census. *If you do not receive a September newsletter and still live in town please contact Judy at 978-929-6652 or jpeters@acton-ma.gov to be put back on the mailing list. This will not affect those on the email list.*



**Laissez les bon temps roulez!*

How fast does 15 years go? I will tell you it has been like the blink of an eye. I'm moving in early July to join my husband in Louisiana where he has been working full time since October 2009. As the Outreach Coordinator I have had the opportunity to get to know many wonderful people, work with smart, dedicated and compassionate co-workers and help to bring awareness and assistance to folks who need our help. As the Volunteer Coordinator I have learned so much about dedication and generosity and I thank you all for that.

Thank you everyone for allowing me into your lives. I hold you all in the highest esteem as you live your lives with good humor, grace and dignity. Be well, be proactive when you need help and continue to use the COA as a valuable resource whenever you have questions, need some exercise, to stimulate those gray cells or to hang out with new and old friends...Live life large and take good care! **Carol** **Let the good times roll!*

The COA will be closed on Monday, July 4th for Independence Day and Thursday, August 18th for Town Employee Appreciation Day.

Registration for all classes/programs begins in person or by phone Tuesday, July 5th at 1:00.

UPCOMING PROGRAM HIGHLIGHTS

FOR JULY/AUGUST.....REGISTRATION BEGINS TUESDAY, JULY 5TH at 1:00

Comedy Show with David Shikes

Wednesday, July 6th, 10:30-11:15



Enjoy a rollicking good time with comedian David Shikes, who will make us chuckle with the jokes and stories he has up his sleeve. Shikes, a bookseller by trade, enjoys bringing his comedy to seniors throughout New England. Make sure to call the dining room if you are staying for the 4th of July lunch, which will follow the performance.

► Armchair Adventure to the Herb Garden

Wednesday, July 13th, 12:30-1:30

Herbs are the oldest cultivated garden species in the world; no plants give us more than herbs. Known for their wonderful fragrance, herbs also have many medicinal, culinary and household uses. Come and learn about herbs and their folklore in this interactive program led by Mary Rohwer, COA intern and avid gardener. Participants may also make lavender sachets to take home and sample herbal refreshments.

► Lyme Disease: How to Protect Yourself

Tuesday, July 19th, 12:30-2:00

Join Boxborough resident Kurt Hayes, co-founder of LymeLite.org, as he shines light on the hazard of Lyme disease. Learn the symptoms, how it is often confused with other illnesses and what can be done to prevent the spread of the disease. With the bulk of the summer still ahead, learn how to prevent this tick-borne infection.

► Beat the Heat

Tuesday, July 26th, 11:15-11:45



Join Linda Cullen, RN of the Acton Nursing Dept. and learn strategies to avoid heat-related illnesses. Learn the symptoms of heat exhaustion and heat stroke and what you can do to stay healthy and cool all summer long.

Acton History Trivia Contest

Tuesday, August 2nd, 12:15-1:00

Home Instead Senior Care is sponsoring a trivia contest on Acton history after lunch. See page 7 for more information on the lunch.

► Acton Arboretum Tour

Thursday, August 11th, 9:00-10:00

Dean Charter, Acton's Municipal Properties Director and Tree Warden, will lead a walking tour of the Arboretum, a gem in the heart of Acton Center. The Arboretum boasts a paved trail through herb, butterfly, wildflower, hosta, daylily, rhododendron gardens and a pond planting. Meet at the parking lot at the main entrance on Taylor Road. It will be cancelled if it is raining steadily; call the COA office for clarification.

► USAF Liberty Band "Bay State Winds" Concert

Monday, August 15th, 1:00-2:00



We are thrilled to offer another performance by an Air Force Liberty Band ensemble! The Bay State Winds clarinet quartet draws on years of professional experience to provide an exciting and polished program. The group's repertoire includes a collection of musical idioms ranging from Bach to Broadway to original arrangements.

► Historic Cambridge Slide Show Presentation

Tuesday, August 23rd, 1:00-2:00



Take an educational and entertaining slide show journey of 17th-19th century Cambridge with historian Paul Hogman. Previously known as Newtowne, Cambridge once reached all the way to Billerica. The slide show will include Harvard Yard, the Old Burial Grounds, Christ Church, the site of the old Cambridge jail, the John Hicks House, the First Meeting House, George Washington's first headquarters and more.

► Indicates that you must register in advance!

CLASSES

FOR JULY/AUGUST.....REGISTRATION BEGINS TUESDAY, JULY 5TH at 1:00

► **Healthy Eating for Successful Living** (Call today to register as the class starts soon.)

Thursdays, July 7th through August 11th, 12:30-3:00

Healthy Eating is for people who want to feel and look better by making small changes to what you eat and the exercise you do. Components of the 6-week workshop include: self assessment and management of dietary patterns, goal setting, problem solving, and expertise of a registered dietician. Sponsored by Minuteman Senior Services and funded through the Northwest Suburban Health Alliance/CHNA15 DoN funds from Lahey Clinic.

► **Duplicate Bridge for Beginners Class**

Wednesdays, July 13th through August 3rd, 2:30-4:30

Learn to play duplicate bridge this summer! In duplicate, the same bridge hand is played at all the tables, which allows a fair comparison of playing skill and reduces the role of luck. Taught by Acton resident Neville Harris.

► **Summer of Shakespeare - Book and Documentary Discussions**

We're going to build off the enthusiasm from the spring Shakespeare class/performance with some additional activities! Please call the office if you plan on attending any part of the program to help us judge interest.

Shakespeare Book Club (Copies of the books will be on hold at the Memorial Library):

- **Monday, July 25th 12:30-1:30:** "Will in the World: How Shakespeare Became Shakespeare," by Stephen Greenblatt. This 2004 biography written by the brilliant scholar is not just the story of the Bard, but of 16th and 17th England as well.
- **Monday, August 29th, 12:30-1:30:** "The Art of Shakespeare's Sonnets," by Helen Vendler. A comprehensive commentary on the sonnets that includes a CD of the author reading 65 sonnets.



"In Search of Shakespeare" Documentary and Discussion

Mondays, July 11th and August 1st, 8th and 22nd, 12:30-2:00 - During each meeting we will view a one-hour episode of this four-part history series, followed by a discussion. The production is hosted by Michael Wood, who tours English locations important to Shakespeare's life and work. The DVD will be available to borrow after 8/22.

► **Haiku: The Art of Awareness**

Tuesdays, August 2nd and 9th, 1:00-3:00



Haiku is a quiet, meditative poetry form that enhances our attention, awareness and appreciation of nature.

Haiku originated in Japan and has become popular around the world. Learn the essentials of how to write good haiku, as well as how to select and read quality haiku published in this country and in Japan. You will soon find haiku moments in everyday life and be able to write them in the length of one breath. During our first session we will take a "kigo" walk in nature (from the Senior Center) and talk about how this translates into haiku. We will end the second session with a tea ceremony. Instructor Jeannie Martin, Ed.D., is a published haiku poet and teacher, and member of the Boston Haiku Society and the Haiku Society of America.

► **Let's "Pretty-Up" Your Word Documents**

Thursday, August 4th and 11th 10:00-11:30, Computer Lab – Class size limited to 4

Would you like to personalize your newsletters and notes with photos and other pictures? How about learning to format in eye-catching and different ways? Or, by applying unusual alphabets, personalized headers, and logos for your organization's newsletters? There will be plenty of time to practice these features during this "fun-for-summer" class. Class size will be intentionally small with ample time for questions and answers.

► **Lights, Camera, Action! – Learn to Use a Video Camera**

Tuesday, August 16th, 12:30-1:30

Stick around after the special Inn at Robbins Brook luncheon and learn to use a video camera to record programs at the Senior Center for Acton Community Access Television (ACAT). The cameras for in-the-field use are lightweight and easy to use! Seniors who miss programs or are homebound can then view the programs on cable TV, on-line or by borrowing a DVD. You'll learn a new skill and provide a wonderful service for seniors in town.

► **Indicates that you must register in advance!**



TRIPS



FOR JULY/AUGUST.....REGISTRATION BEGINS TUESDAY, JULY 5TH at 1:00

► **Historic Isles of Shoals and Portsmouth Harbor Cruise** (Call soon as registration is underway.)

Thursday, July 14th, leave NARA Park 9:45



Join us for lunch at Warren's Lobster House in the Kittery, ME, with your choice of Baked Haddock, Seafood Newburg or Chicken Parmesan. After lunch we'll cruise with a narrated tour of the historic Isles of Shoals and Portsmouth Harbor. The boat has outdoor and enclosed areas, snacks and beverages for sale and restrooms. The cruise runs rain or shine.

Depart: 9:45 a.m., from NARA Park Upper Fields parking lot. Approximate return: 6:30 pm.

Cost: \$62, due now includes coach bus transportation (with restroom), lunch, cruise and gratuities.

► **Lowell Spinners Baseball Game**

Thursday, August 18th, leaving from the Senior Center at 5:30pm



Enjoy an evening of baseball with the Lowell Spinners, Single A affiliate of the Red Sox. The Spinners provide a fun, entertaining atmosphere for games at a good value. This is a great chance to experience a game and see some of the Red Sox stars of the future! Bring along friends, children or grandchildren (ages 5 and up). Our group will be sitting together in box seats (with backs and arms) in an area that does not require a lot of walking up and down steps. There is an elevator into the stadium. We will be taking a mini-coach bus; no restroom on board.

Depart: 5:30 pm, from the Senior Center, 50 Audubon Dr. Please note change from usual trip departure area! Approximate Return: 10:00 pm, depending on game length.

Cost: \$25, payment is due by July 28th and includes mini-coach bus transportation, driver tip, game ticket.

Save the Date: Trip to Robert Frost Farm

Tuesday, September 27th, Accompanied by professional tour guide Stephen Collins who will talk about Frost's life and recite some of his beloved poems during the bus ride. Look for more details in the September newsletter.

► **Fall Foliage Trip - Castle in the Clouds and Hart's Turkey Farm**

Wednesday, October 12th, leave NARA Park at 9:45



Tour the Castle in the Clouds in Moultonborough, New Hampshire, with views of colorful foliage and Lake Winnepesaukee from atop the Ossipee Mountain Range. We will tour the circa 1913 Lucknow mansion, which features work of the finest craftsmen of the era combined with the most advanced, state-of-the-art technology available. Before the tour, we will enjoy lunch at Hart's Turkey Farm in Meredith, NH. Lunch will include your choice of turkey, roast beef or broiled haddock, with salad, mashed potatoes, vegetable, carrot relish, apple crisp, coffee, tea. Please indicate your meal

preference when signing up.

Depart: 9:45 a.m., from spot to be determined. Approximate return time: 6:30

Cost: \$46 due by September 28th, includes lunch, admission/tour, bus transportation (w/restroom) and gratuities.

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
2. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you can find someone to go in your place.
3. Make checks out to: Friends of the Acton COA. Drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip occurs.
4. **Parking for trips is at NARA Park in the Upper Fields Parking Lot, unless otherwise noted.** Take Main Street/Route 27 North, left on Quarry Road, the Upper Fields lot is the second lot entrance on the right.
5. Call COA Director, Sharon Mercurio, at 978-929-6652 for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

► **Indicates that you must register in advance!**

EXERCISE

Please check with your doctor before starting an exercise program, wear loose, comfortable clothing and bring water. All new participants in exercise classes must sign a waiver of liability.

Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell

Thursdays in July and August, 10:15-10:45 (No class July 21st or August 18th or 25th)

Chair exercises aim to increase strength, balance and coordination and help in fall prevention. This low-impact program is suitable for those getting little or no physical activity. Come to one class or come to all! No registration.

► Line Dancing Class (call soon as registration is already underway)

Thursdays, through August 25th, 2:00-3:30 (No class on August 18th)

► Acton Striders Walking Group with Health and Wellness Coordinator Liz Jewell

Thursdays, in July and August, 8:45-9:30 (No walking July 21st or August 18th or 25th)

If you are new to the group please call to sign-up and for information on locations.

► Senior Cardio-Flex with Terri Zaborowski (Class is full. Call about waitlist.)

Mondays and Wednesdays, July 11th through August 24th, 8:30-9:30 (No class July 18th & 20th)

Tai Chi - Students who attended the 2010-11 Tai Chi are invited to continue to meet over the summer. The rosters will carry forward into the summer, so no need to register. These classes are not open to new participants.

Tai Chi for Beginners with Taoist Tai Chi Society Instructors

Tuesdays, through September 6th, 11:00-12:00

Intermediate Tai Chi Class with Ray Caisse of the Taoist Tai Chi Society

Thursdays, through September 8th, 11:00-12:00 (No class on August 18th)

DVD Exercise - Stay active this summer with DVD programs offered at the air-conditioned Senior Center! See which ones are a good fit for you and check with your doctor before starting any exercise program. Exercise DVD programs are on a drop-in basis, but participants are required to sign a waiver of liability

“Easy Does It” Strength and Tone DVD

Fridays, July 1st through September 9th, 9:30-10:20 (No DVD 7/8 and 7/29)

Craig Marcacci’s muscle-toning exercise regimen helps with flexibility, balance, strength, and cardiovascular health. The routine is done sitting in and standing behind a chair. Bring a pair of 1-5 lb weights or use those available at the Senior Center. This workout is good for all levels of fitness.

“Take Control with Exercise” Arthritis Foundation DVD

Fridays, July 1st through September 9th, 10:30-11:00 (No DVD 7/8 and 7/29)

This DVD is designed to help your flexibility with a head-to-toe range of motion workout and postural exercises. The workout is done seated and standing with a chair for support. Lead by Peggy Brill. No equipment needed.

“Start! Walking” 1 Mile Walk DVD with Leslie Sansone

Tuesdays, July 5th through September 6th, 9:00-9:20

This indoor walking workout, similar to low-impact aerobics, is produced by Exercise TV and the American Heart Association. You will increase your heart rate with low impact moves that are safe and easy for all levels of fitness. No equipment needed. Stay for the “Fit and Strong” DVD for a complete workout!

“Fit and Strong Prime Time” DVD with Jane Fonda

Tuesdays, July 5th through September 6th, 9:30-9:55

A 25-minute low impact exercise routine for all fitness levels that burns fat, tones and shapes major muscle groups and strengthens your core with a series of stretching and toning exercises, sitting in or standing near a chair. Bring a towel to aid in stretching and a pair of hand weights (or use those available at the Senior Center). Come early for the 1 Mile Walk DVD for some cardio activity!

► Indicates that you must register in advance!

EXERCISE (continued)

Stronger Seniors Stretch Chair Exercise DVD

Wednesdays, July 6th, 20th, August 31st and September 7th, 8:45-9:30

This program works on flexibility and mobility, while strengthening abdominal and back muscles and reducing tension in the neck, back and shoulders. There is no aerobic element to this workout. No equipment needed.

“Older and Wiser” Aerobic/Toning Workout DVD (No DVD on 8/18)

Thursdays, July 7th through September 8th, 9:00-10:00 and Mondays, July 18th and August 29th, 8:30-9:30

This workout includes low-impact aerobics and non-floor toning. Each exercise is shown at three intensity levels so you can adjust the workout to your own needs. Bring a pair of 1-5 lb weights or use those at the Center. This workout is only for active adults who are regular participants in Terri’s cardio-flex classes and is not for beginners.

► **Indicates that you must register in advance!**



SENIOR CINEMA



Note: Due to the closing of local video stores, it may occasionally be necessary to make movie substitutions. You may call the office to confirm the selection on movie days.

Friday, July 1st, 12:30-2:10, “Morning Glory,” (2010, PG-13) - Romantic comedy starring Rachel McAdams as a hard-working TV producer trying to revamp a low-rated morning show. Harrison Ford and Diane Keaton also star.

Monday, July 18th, 12:30-2:00, “Beautiful Dreamer,”(2006, PG) - In this dramatic romance, a WWII pilot is missing and presumed dead when his wife finds he’s alive but suffering from amnesia. Stars Brooke Langton, Colin Egglesfield and Barry Corbin.

Friday, July 22nd, 12:30-2:40, “Another Year,” (2010, PG 13 for language) - A look at the life of a happily married British couple in their 60s and their relationships with family and friends. Stars Jim Broadbent and Ruth Sheen. This dramatic comedy received an Oscar nomination for best screenplay.

Friday, July 29th, 12:30-2:10, “Broken Hill,” (2009, PG) - A teenager works on a sheep farm in the Australian Outback and plays football to please his father but dreams of becoming a famous composer. Stars Timothy Hutton, Luke Arnold and Alexa Vega.

Friday, August 5th, 12:30-2:30, “Mao’s Last Dancer,” (2010, PG) - The rags-to-riches true story of a Chinese ballet dancer Li Cunxin who is chosen to train at the government run dance academy and goes on to become one of the world’s greatest dancers. Stars Chi Cao and Bruce Greenwood.

Friday, August 19th, 12:30-2:15 “The Adjustment Bureau,” (2011, PG-13 for language, violence, sexuality) - Thriller stars Matt Damon as a US Senate candidate who falls for a ballet dancer (Emily Blunt), but mysterious men work to keep them apart.

Friday, August 26th, 12:30- 2:20, “True Grit,” (2010, PG-13 for western violence) - A tough US Marshall (Jeff Bridges) helps a young woman (Hailee Steinfeld) track down her missing father. Nominated for 10 Oscars.

Thursday, September 1st, 12:30-2:15, “Believe in Me,” (2007, PG) - The true story of a man who rises to the challenge of coaching the girls basketball team. Stars Jeffrey Donovan, Samantha Mathis, Bruce Dern.

Friday, September 2nd, 12:30-2:30, “In the Shadow of the Moon,” (2007, PG) - Critically acclaimed documentary reveals the history of the Apollo space program using interviews with the astronauts.

SENIOR CENTER CLINICS

in conjunction with the Acton Public Health Nursing Service

Podiatry Clinic: Tuesdays, July 5th and August 9th, 8:20-11:00 with Dr. Sandra Weakland, DPM

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments call 978-929-6650. *Funded by Friends of the Acton Nursing Service.*



Blood Pressure & Wellness Clinic: Tuesdays, July 5th and 26th and August 9th and 23rd, 9:30-11:30

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional, or health related questions. No appointment necessary.

DINING OPPORTUNITIES

****Please sign up in the COA office for the following meals:**



► **Free Spaghetti Dinner**

Wednesday, July 20th, 5:00pm

Join us for dinner cooked and served by the Middlesex County Deputy Sheriff's Association. Please sign up in the COA office by July 13.

► **Ice Cream Socials**

Tuesday, July 26th, 12:30-1:30

Wednesday, August 24th, 12:30-1:30

Come to the Senior Center and cool off with an ice cream sundae, chat with friends or make some new acquaintances. Thank you to the Inn at Robbins Brook for providing the ice cream and toppings in July and Home Instead Senior Care for doing so in August! Please sign up at least 2 days prior to the social.



► **Free Luncheon/Acton History Trivia Contest**

Tuesday, August 2nd, 11:45 (lunch); trivia contest 12:15-1:00

Home Instead Senior Care is providing sandwiches and dessert, followed by a fun trivia program on Acton history. You may compete in the trivia contest for prizes or just watch and enjoy. Please call the COA by Wednesday, July 27th if you would like lunch.



► **Town Employee "Home Cooked" Luncheons**

Wednesday, August 17th, 11:45

Join the Finance department and Town Clerk for a Hawaiian Luau-themed lunch with hamburgers on the grill with salads on the side. \$3 donation. Come dressed in Hawaiian style if you'd like.

► **Free Luncheon Provided by Life Care Center of Acton**

Friday, September 2nd, 11:45

Join us for lunch - the menu isn't known in advance, but it's always delicious! As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with residents and deliver this meal to seniors. **Please call the COA by Friday, August 26th to make a reservation.**

****Please sign up in the Dining Room with Joy for the following meals:**

► **Minuteman Lunches** are served weekdays at 11:45. Voluntary donation is \$2.00. To sign up call 978-263-5053 by 10:30 the day before; one week before the Robbins Brook lunch. Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.



Birthday Lunches: Wednesdays, July 13th and August 10th

Inn at Robbins Brook Lunch: Cost \$3. Please sign up at least one week before the lunch.

Tuesday, July 19th, Chicken kabobs, potato salad and dessert

Tuesday, Aug 16th, Caesar chicken wraps, macaroni salad and dessert

4th of July Lunch: Wednesday, July 6th

Summer Lunch: Tuesday, August 9th

Dog Day Afternoon Lunch: Wednesday, August 24th; Joy is preparing a summer hot dog lunch

► **Indicates that you must register in advance!**

Senior Center Summer Art Exhibits

In July we continue Angelo Urso's display of highly-detailed original work. The show's wildlife theme will interest those who enjoy nature as well as fine art. Mr. Urso is a professional artist known especially for his drawing skills. August welcomes Acton artist, Doris Carlson, who will exhibit her acrylic and oil paintings here through September. Ms. Carlson's painting style favors strong, colorful abstract images conveying exuberant energy. Her work is uplifting, varied and fun! Please call the COA office for exhibit viewing times.

Many thanks to the Acton-Boxborough students, grades K-12, for sharing their wonderful work with us in May.

ONGOING ACTIVITIES

Drop-In Activities Reminder: Regularly occurring groups and drop-in activities are sometimes canceled due to space constraints at the Senior Center. Please remember to check the COA Calendar (in the newsletter and also on the town website) to make sure your group is scheduled to meet.

► Ask the Lawyer

Tuesday, August 16th, 1:00-3:00

Attorney Margaret Hoag, a certified Elder Law Attorney, offers free 20 minute private legal consultations.



Memoir/Non-Fiction Writing Group facilitated by Chris Chirokas

Thursdays, July 28th and August 25th, 9:30-10:30

Explore your life through writing - no experience necessary! Whether you are writing a memoir, your family history, a journal or essays, come read your work to the group to receive feedback. Each meeting also has a particular focus, such as how to get started or finding your voice. Meet in the dining room.

Genealogy Group

Fridays, July 15th and August 12th, 1:00-2:30 **Note new time!**

The Genealogy Group will meet once a month this summer. Share your research, seek some advice or just share your passion for family history with like-minded people. Beginning family historians welcome!

► Chair Massage at the Senior Center with Nancy Ames, licensed massage therapist

Friday, August 19th, 2:30-3:45

Enjoy a chair massage at the Senior Center! Massages may include the back, neck, shoulders, arms, and hands (for those with arthritis). The discounted fee for a 20 minute chair massage is \$15 and should be paid directly to Nancy with cash or check. Wear a long or short-sleeved t-shirt. Make sure to jot the appointment down on your calendar as we aren't always able to make reminder calls and **call the COA if you must cancel** an appointment.

► SHINE (Serving the Health Information Needs of Elders)

Mondays, 1:30-3:30 No SHINE appointments on July 4th. Please note the new time, same day.

For questions regarding health insurance or prescription coverage call the COA office 978-929-6652 for an appt.

Computer Club

Fridays, July 8th and 22nd and August 5th and 19th and September 2nd, 10:00-11:30

No Computer Club on Wednesdays for the summer but it will return in the fall.

Everyone welcome from the novice to experienced computer user. Bring your questions and suggestions.

Please see the Monthly Calendar on pages 12 and 13 for days and times of the following groups:

Drop-in Pool

Tile & Board Games

Poker

Drop-in One-Stroke

Quilters/Sewing Group

Knit/Crochet Group

Drop-in Bridge

Drop-in Watercolor

► Indicates that you must register in advance!

Medicare and Patient Choice - Did you know that if you have traditional Medicare you can choose your preferred physician or home care agency for your health care? Hospitals or physicians sometimes recommend a particular home care agency and may discourage patients from using other agencies. Remember you have the right to CHOOSE and should discuss your options with your physician. Physicians and hospitals are developing Accountable Care Organizations to oversee your care and direct you to participating organizations. It is important to discuss with your primary care physician to find out what providers you can use before choosing a particular physician or hospital. The Acton Public Health Nursing Service can help you with your medical needs when you come home from the hospital. Please consider contacting them at 978-929-6650 before your hospitalization.

Volunteers Needed

Office Receptionists: We are seeking people interested in being office reception volunteers. The position requires attention to the COA day to day details, ability to deal with the public, be able to maintain privacy and have good record keeping skills. Please contact the COA if you are interested.

TRANSPORTATION

COA Senior Van runs Monday thru Friday, 8:00-4:00. The van runs until 3:45 pm in-town and 3:30 pm for out-of-town rides. The last ride in the morning is at 11:30 and the first ride after lunch is at 12:30. For a reservation call 978-929-6652 between **8:00-11:00** at least one day in advance. When you call have the name, telephone number and address of your destination. One-way in town is \$1.00; one-way into Concord or Maynard is \$1.50.

MinuteVan Dial-a-Ride Shuttle Service runs Monday-Friday, 8:00-11:00am and 3:15-8:15pm. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 8:30-10:30am. Rides are \$2 in town and \$4 out of town. Rides are anywhere in Acton and certain locations in Concord, Maynard and Boxboro.

LRTA Road Runner Van runs Monday through Friday, 8:00-3:30. In addition to rides in Acton, Concord and Maynard, the Road Runner offers rides to Market Basket in Westford on Fridays as well as rides to Leahy, Bedford VA and Boston area hospitals on Wednesdays. All rides must be scheduled at least 2 days ahead of time. You *must* be pre-registered with the LRTA. Forms are available at the COA or from the LRTA at 1-800-589-5782.

MinuteVan Commuter Rail Shuttle runs between the West Acton Fire Station lot on Central St. and the South Acton Commuter Rail Station. The service runs Monday – Friday, 6:45 AM to 9:24 AM and 5:10 PM to 7:24 PM. For information, contact Michele Brooks at: 978-844-6809 or visit www.minutevan.net to book online.

Friendly Drivers Available to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time. You must register with the COA by calling the Outreach Coordinator at 978-929-6652. We encourage seniors needing a ride within Acton, Maynard or Concord, 8-4, Monday through Friday, to use the COA or Road Runner van. If however, you need a ride not covered by our existing transportation please call the COA.

OUTREACH & SUPPORT SERVICES

For information on any of the following services contact the COA Outreach Coordinator, at 978-929-6652.

Outreach Coordinator Available to Help You Find Resources in the community to address many concerns relative to aging. Call the Outreach Coordinator, at 978-929-6652 for a confidential chat.

RUOK (Are You Okay) Check-in Service: Free automated phone check in service.

Handyman Program: Helps seniors with small repairs and simple household jobs.

Friendly Visitors: Volunteers visit seniors at home for about an hour each week. If you are interested in becoming a visitor or know someone who would enjoy visits, call the COA at 978-929-6652.

Food Pantries and Community Suppers: Call for a list of local area suppers and pantries. The **Acton Food Pantry** at 235 Summer Rd., Boxborough is open Wednesdays 10:00am-7:00pm except that it is closed on the 4th Wednesday of every month. Registration (ID and one bill with your name and address) required first visit.

Home Care Services: Please call the COA if you have questions on how to obtain home care services.

Minuteman Senior Services, our State Home Care, can be reached at 1-888-222-6171.

NSTAR Program for Low Income Customers: Low income customers have the opportunity to pay off their old arrearages for their gas and/or electric bills. For details call NSTAR at 1-866-315-2496.

SNAP - Supplemental Nutrition Assistance Program offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit www.mass.gov/dta.



Durable Medical Equipment Available to Loan: The COA has a variety of items such as canes, walkers and tub benches to borrow. We also have some less frequently needed items such as shoe horns and sock aids, so please give us a call. It's best to call Mary Lou weekday afternoons (except Wednesdays) at 978-929-6652 and please allow a couple of days to gather the equipment.

HEALTH NEWS

Alzheimer's Disease Services

- **Alzheimer's Association Helpline** 1-800-548-2111. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.** 978-318-0046. Provides adult day health and Alzheimer's day programs.

Support Groups

- **Bereavement Support Group at Parmenter's Wayside Hospice**, 266 Cochituate Rd., Wayland, Eight week session provides a safe place to talk about your loss with others who are also grieving, and hopefully to provide you support in the process of healing. Call 508-358-3000 press 0 for info.
- **Alzheimer's Disease Caregivers Support Group** Life Care of Nashoba Valley, 1st Wednesday of each month 5:30-7 p.m. Contact Elizabeth Lenkauskas 978-486-3512.
- **Alzheimer's Disease Caregivers Support Group**, 3rd Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Lori Kalinoski at 978-318-3020.
- **Alzheimer's Disease Caregivers Support Group**, Inn at Robbins Brook, last Wednesday of each month 4:00-5:30 p.m. Contact Eileen Lawson 978-264-4666.
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3rd Thursday each month 7-9 p.m. Call 978-897-2962 for information, please leave a message.
- **Al-Anon:** Wednesdays, 10:00am at Acton Congregational Church, 12 Concord Rd, far rear entrance ground floor. Newcomers Welcome.

Services Comparison Websites help you find and compare options for home health, hospital and nursing.

- Home Health Agencies – www.medicare.gov/HHCompare/Home.asp
- Hospital – www.hospitalcompare.hhs.gov
- Nursing Home – www.medicare.gov/NHCompare/Home.asp

Healthcare Websites

- **Alzheimer's Association**, www.alz.org/carefinder for recommendations and questions to ask care providers.
- **Office of the Attorney General**, www.ago.state.ma.us, click on elders.
- **Long Term Care**, www.masslongtermcare.org.

Assistive Technology Website to post or look for items in New England go to www.getatstuff.org.

Minuteman Senior Services provides free in-home consultations. Call 888-222-6171 for more information.

Road to Recovery -Free transportation by volunteers and information for cancer patients. Call 1-800-227-2345.

Police Beat



Door-to-Door Sales Awareness

It's that time of year when the Police Department starts receiving calls concerning door-to-door solicitations. Many residents wisely ask to see the solicitors permit issued by the Town of Acton or the Commonwealth of Massachusetts. Don't allow solicitors to give you an excuse for not having one. The Police Department conducts background checks on all applicants and if they are found to be questionable no permit is issued. Please be aware that religious and not-for-profit agencies do not need permits. **BUYER BEWARE !!!** It is very difficult for the Police Department to resolve issues with these companies. As always, if you have any questions or concerns contact the Police Department immediately.

Raymond P. Grey, Sergeant, Family Services Unit, Acton Police Department, 978-929-7517

Senior's Beware - Utility Scam in the area

There has been activity in the Acton area with a group riding around in a van claiming to be from NStar or other utility company. While one scammer walks the senior around their property, ostensibly to check for problems, other members on the van ransack the house. **Please ask for identification before letting anyone in your house or on your property.** If you have concerns, don't hesitate to call the Acton police at 978-929-7711.

AROUND TOWN...AND BEYOND

Acton Recreation Department - Celebrate Independence Day on Saturday, July 2nd at NARA Park! Activities will run from 3:00 on and the US Air Force Band of Liberty's free concert begins at 8:00 in the Amphitheater. Fireworks begin at 9:30. Check out our events webpage for a full listing on a great variety of concerts and special events all summer long at www.acton-ma.gov/events.



Acton-Boxborough Farmers Market

Sundays through October 31st, 10:00-1:00 on Pearl Street in West Acton

Local farmers and vendors will be offering fresh vegetables and fruits, as well as wines, honey, eggs, meat, seafood, and specialty goods such as breads, cheeses, baked treats, bagels, soaps, and more. For more information, contact Jennifer Taylor at 978-877-1657 or at actonfarmersmarket@hotmail.com.

Life Care of Acton 9th Annual Clambake – Free!

Thursday, August 18th, 5:00-7:00; Call Life Care at 978-263-9101 for more information and reservations.

Sunny Skates at Nashoba Valley Rink on Mass Ave. at the Acton/Boxborough line

Wednesday, August 10th, 2:00-3:45

A free ice skating show. Wear warm clothes and consider bringing a lap blanket! Refreshments will be served.

Indian Hill Music, 36 King Street, Littleton. Visit www.indianhillmusic.org or 978-486-9524 for information.

Summer Musical Theater presents Alice in Wonderland, July 22 & 23, 7pm; July 24, 2pm, Tickets cost: \$10.

Carlisle COA Overnight Trips: National Parks and Canyon Country in September or Spain in November. Call Joanne Willens 978-371-8023 for more information.

Check out what's happening here at the Senior Center!



Exercise



Health Fair



Art Class



Quilting

<div>July</div>		Mon	Tue	Wed	Thu	Fri	2011
		27 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:30 Confections w/Carol 1:30-3:30 SHINE	28 8:30 Newsletter Mailing 9:30-10:30 Older/Wiser DVD 9:30-11:30 Wellness Clinic/BP 9:30-11:30 Eye Exams 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 3:00-4:30 Yoga (last)	29 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	30 8:45-9:30 Walking Group 9:30-10:30 Older/Wiser DVD 11:00-11:30 Balance Class 11:00-12:00 Inter. Tai Chi 2:00-3:30 Line Dancing Begins	July 1 9:30-10:20 Easy Does It DVD 10:30-11:00 Arthritis DVD 12:30-2:10 Movie 1:00-4:30 Poker	
4 COA CLOSED INDEPENDENCE DAY			5 8:20-11:00 Podiatry 9:00-9:20 One Mile Walk DVD 9:30-9:55 Fit & Strong DVD 9:30-11:30 Wellness Clinic/BP 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:00 Registration Begins	6 8:45-9:30 Stretch DVD 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 10:30-11:15 Comedy Show 11:45 4 th of July Lunch 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	7 8:45-9:30 Walking Group 9:00-10:00 Older/Wiser DVD 10:15-10:45 Balance Class 11:00-12:00 Inter. Tai Chi 12:30-3:00 Healthy Eating 2:00-3:30 Line Dancing	8 <i>COA Staff Development Day</i> <i>(Senior Center will be open for</i> <i>lunch and socializing)</i> 10:00-11:30 Computer Club	
11 8:30-9:30 Cardio Flex Begins 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:00 Shakespeare Doc. & Discussion 1:30-3:30 SHINE			12 9:00-9:20 One Mile Walk DVD 9:30-9:55 Fit & Strong DVD 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games	13 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 11:45 Birthday Lunch 12:30-1:30 Herb Garden Talk 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Duplicate Bridge Class Begins	14 8:45-9:30 Walking Group 9:00-10:00 Older/Wiser DVD 9:45 Portsmouth Trip 10:15-10:45 Balance Class 11:00-12:00 Inter. Tai Chi 12:30-3:00 Healthy Eating 2:00-3:30 Line Dancing	15 9:30-10:20 Easy Does It DVD 10:30-11:00 Arthritis DVD 1:00-2:30 Genealogy	
18 8:30-9:30 Older/Wiser DVD 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:00 Movie 1:30-3:30 SHINE			19 9:00-9:20 One Mile Walk DVD 9:30-9:55 Fit & Strong DVD 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Luncheon 12:30-2:00 Lyme Disease Talk 12:30-3:00 Board & Tile Games	20 8:45-9:30 Stretch DVD 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Duplicate Bridge Class 5:00 Spaghetti Dinner	21 9:00-10:00 Older/Wiser DVD 11:00-12:00 Inter. Tai Chi 12:30-3:00 Healthy Eating 2:00-3:30 Line Dancing	22 9:30-10:20 Easy Does It DVD 10:00-11:30 Computer Club 10:30-11:00 Arthritis DVD 12:30-2:40 Movie	
25 8:30-9:30 Cardio Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:30 Shakespeare Book Group 1:30-3:30 SHINE			26 9:00-9:20 One Mile DVD 9:30-9:55 Fit & Strong DVD 9:30-11:30 Wellness Clinic/BP 11:00-12:00 Beginner Tai Chi 11:15-11:45 Beat the Heat Talk 12:30-1:30 Ice Cream Social 12:30-3:00 Board & Tile Games	27 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Duplicate Bridge Class	28 8:45-9:30 Walking Group 9:00-10:00 Older/Wiser DVD 9:30-10:30 Memoir Writing Group 10:15-10:45 Balance Class 11:00-12:00 Inter. Tai Chi 12:30-3:00 Healthy Eating 2:00-3:30 Line Dancing	29 <i>COA Staff Development Day</i> <i>(Senior Center will be open for</i> <i>lunch and socializing)</i> 12:30-2:10 Movie	

August	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	2011
	1 8:30-9:30 Cardio Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:00 Shakespeare Doc. & Discussion 1:30-3:30 SHINE	2 9:00-9:20 One Mile DVD 9:30-9:55 Fit & Strong DVD 11:00-12:00 Beginner Tai Chi 11:45 Home Instead Luncheon 12:15-1:00 Trivia Quiz 12:30-3:00 Board & Tile Games 1:00-3:00 Haiku Class	3 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Dupl. Bridge Class - Last	4 8:45-9:30 Walking Group 9:00-10:00 Older/Wiser DVD 10:00-11:30 Word Class 10:15-10:45 Balance Class 11:00-12:00 Inter. Tai Chi 12:30-3:00 Healthy Eating 2:00-3:30 Line Dancing	5 9:30-10:20 Easy Does It DVD 10:00-11:30 Computer Club 10:30-11:00 Arthritis DVD 12:30-2:30 Movie 1:00-4:30 Poker	
8 8:30-9:30 Cardio Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:00 Shakespeare Doc. & Discussion 1:30-3:30 SHINE		9 8:20-11:00 Podiatry 9:00-9:20 One Mile Walk DVD 9:30-9:55 Fit & Strong DVD 9:30-11:30 Wellness Clinic/BP 11:00-12:00 Beg. Tai Chi 11:45 Summer Lunch 12:30-3:00 Board & Tile Games 1:00-3:00 Haiku Class	10 8:30-9:30 Cardio Flex 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 11:45 Birthday Lunch 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	11 8:45-9:30 Walking Group 9:00-10:00 Arboretum Walk 9:00-10:00 Older/Wiser DVD 10:00-11:30 Word Class 10:15-10:45 Balance Class 11:00-12:00 Inter. Tai Chi 12:30-3:00 Healthy Eating (last) 2:00-3:30 Line Dancing	12 9:30-10:20 Easy Does It DVD 10:30-11:00 Arthritis DVD 1:00-2:30 Genealogy	
15 8:30-9:30 Cardio Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-2:00 Liberty Band 1:30-3:30 SHINE		16 9:00-9:20 One Mile Walk DVD 9:30-9:55 Fit & Strong DVD 11:00-12:00 Beginner Tai Chi 11:45 Robbins Brook Luncheon 12:30-3:00 Board & Tile Games 12:30-1:30 Video Camera Use 1:00-3:00 Ask the Lawyer	17 8:30-9:30 Cardio Flex 9:45-11:45 Quilt /Sewing 11:45 Home Cooked Lunch 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	18 COA CLOSED TOWN EMPLOYEE APPRECIATION DAY 5:30 Lowell Spinners Trip	19 9:30-10:20 Easy Does It DVD 10:00-11:30 Computer Club 10:30-11:00 Arthritis DVD 12:30-2:15 Movie 2:30-3:45 Chair Massage	
22 8:30-9:30 Cardio Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:00 Shakespeare Doc. & Discussion 1:30-3:30 SHINE		23 9:00-9:20 One Mile Walk DVD 9:30-9:55 Fit & Strong DVD 9:30-11:30 Wellness Clinic/BP 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:00-2:00 Historic Cambridge	24 8:30-9:30 Cardio Flex - last 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 11:45 Dog Days of Summer Lunch 12:30-1:30 Ice Cream Social 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	25 9:00-10:00 Older/Wiser DVD 9:30-10:30 Memoir Writing Group 11:00-12:00 Inter. Tai Chi 2:00-3:30 Line Dancing (Last)	26 9:30-10:20 Easy Does It DVD 10:30-11:00 Arthritis DVD 12:30-2:20 Movie	
29 8:30-9:30 Older/Wiser DVD 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-1:30 Shakespeare Book Group 1:30-3:30 SHINE		30 8:30 Newsletter Mailing 9:00-9:20 One Mile Walk DVD 9:30-9:55 Fit & Strong DVD 9:30-10:00 Two Mile DVD 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games	31 8:45-9:30 Stretch DVD 9:00-10:30 Drop-in Watercolor 9:45-11:45 Quilt /Sewing 12:30 Knit/Crochet 1:00-3:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	Sept 1 9:00-10:00 Older/Wiser DVD 10:15-10:45 Balance Class 11:00-12:00 Inter. Tai Chi 12:30-2:15 Movie	2 9:30-10:20 Easy Does It DVD 10:00-11:30 Computer Club 10:30-11:00 Arthritis DVD 11:45 LifeCare Luncheon 12:30-2:30 Movie 1:00-4:30 Poker	

Got Books? Please hold onto them... until August. We are having our dining room floor replaced this summer and will need to move all the furniture including the bookcases. So, if you have books to donate please wait until the floor is done before bringing them to the COA's "mini library." Thanks!

Did You Sign In? Knowing who is in the Senior Center is essential to us. Having an accurate people count is important for safety and emergency purposes. Also, when we are planning new programs or applying for funding, we need to know who participated in which activity. In fact, this information is required by state law in order for the COA to receive state funding. So, please, be sure to sign in for every activity you participate in. Thank you!

Join the Trend! - Get Your Newsletter by Email

If you are comfortable with email the COA asks that you consider receiving your newsletter using email rather than through the postal service. For every household using email to receive the newsletter the COA saves about \$6.00 a year. For more information or to switch to the email list call Judy at 978-929-6652 or email jpeters@acton-ma.gov. Thank you!

Thank You to...the Acton Public Nursing Service for a fabulous pork stir fry lunch in May.
...the Town Manager's Office, Citizen's Library staff and Human Resources department for a delicious Italian meal in June.



Save this Newsletter! This is a **two-month** publication covering activities in both July and August.

The Acton Council on Aging would like to thank the Massachusetts Office of Elder Affairs. Funding from the state's formula allocation is utilized in part for staffing and programs.



Activities with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.



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Mary Lou Repucci, Staff Assistant
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Barbara Tallone, Chair	Jim Papachristos
Charlie Aaronson, Vice Chair	Sally Thompson
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Ann Corcoran	Barbara Willson
Pat Ellis	

Acton COA Board will meet again in September.
Friends of the Acton COA will meet again in September.